

PATTERSON PARK GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Burn 8:30 - 9:30 a.m.	AM Boot Camp/ Adult Gym Yoga/ Ex. Studio 8:30 - 9:30 a.m.	Metabolic Burn 8:30 - 9:30 a.m.	AM Boot Camp/ Adult Gym Yoga/ Ex. Studio 8:30 - 9:30 a.m.	Body Sculpt 8:30 - 9:30 a.m.	
Forever Fit 9:35 - 10:35 a.m.	Zumba 9:35 - 10:35 a.m.	Forever Fit 9:35 - 10:35 a.m.	Zumba 9:35 - 10:35 a.m.	Forever Fit 9:35 - 10:35 a.m.	Saturday Surprise 9:05 - 10:05 a.m.
Pilates 10:45 - 11:45 a.m.					
Yoga 4:20 - 5:20 p.m.	Zumba 4:30 - 5:30 p.m.	Yoga 4:20 - 5:20 p.m.	Zumba 4:30 - 5:30 p.m.	Yin Yoga 1:00-2:00 p.m.	
Step-n-Sculpt 5:30 - 6:30 p.m.	Thrash & Bash 5:35 - 6:35 p.m.	Step-n-Sculpt 5:30 - 6:30 p.m.	Cardio Kickboxing 5:35 - 6:35 p.m.		
Yoga 6:40 - 7:40 p.m.	Metabolic Burn 6:40 - 7:40 p.m.	PIYO 6:40 - 7:40 p.m.	Yoga 6:40 - 7:40 p.m.		

AM Boot Camp

Challenge yourself to excel above average! This class mixes calisthenic and body weight exercises with interval training and strength training. Personal modifications given, if needed.

**Body Sculpt**

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

Cardio Kickboxing

Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

Pilates

A method of exercise and physical movement designed to stretch, strengthen, and balance the body.

PiYo

Combination of Pilates and Yoga. This class incorporates flexibility, strength, balance and core conditioning. A bit more athletic than traditional Yoga, but a guided relaxation element is part of this class.

Saturday Surprise

Get the workout you want! This class will vary each week depending on instructor and participant input.

Step-N-Sculpt

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Thrash & Bash

A full body cardio workout infused with isometric movements and strength training using "drumming" motions and rhythms! Connect to your inner ROCK STAR!

Yin Yoga

A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

Yoga

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

Zumba

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.

